



In **May**  
And all year round



# "Be Grateful"

Tell Mom "thanks" for all she's done. Honor and support the men and women who fight to preserve our freedom, and protect us now. Use this bookmark every day in May and express your fitness in grateful pink.

This bookmark belongs to.....  
For more information about *The 12 Habits 4 All of Us*™ contact: elaine\_parke@yahoo.com, 814-779-2060.

Health Focus **EXERCISE**

Color Cue **GRATEFUL PINK**

Share Your Actions, Stories, Photos at [12Habits4AllOfUs.org](http://12Habits4AllOfUs.org) **WORKS!**



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